

KALE

This relative of the cabbage family is used for its crinkled leaves. It can be cooked or used as garnish as a substitute for parsley. It is an excellent source of vitamins A and C. Kale is one of the most cold-hardy vegetables and can withstand very low temperatures while maintaining its characteristic dark green to purplish color.



Varieties

Common varieties include Dwarf Blue Curled Scotch, Vates, and Dwarf Siberian. Many oriental varieties are available to produce ornamental foliage known as flowering kale.

When to plant

Kale is cold tolerant and can be planted in early to mid-March for a spring crop or in early August for a fall crop.

Spacing

Plant seeds $\frac{1}{4}$ - $\frac{1}{2}$ inch deep and thin seedlings to a plant every 8-12 inches in the row. Rows can be up to 15 inches apart.

Harvesting

Pick older lower leaves when they are full sized and tender. Cold weather improves the flavor. Kale can be left in the garden and used until a severe freeze--usually in early December--damages the crop.

Common concerns

Aphids